

NORTHWEST LEAD AGENCY

BREAST AWARENESS NEWLETTER

Volume 1, Issue 2
November 2001



The Avon Breast
Cancer Crusade

Throughout October, in celebration of National Breast Cancer Awareness Month, the Avon Breast Cancer Crusade and the Rosie O'Donnell Show team up to help Kiss Goodbye to Breast Cancer. Television viewers in the U.S. can stay tuned all month long to learn tips on practicing good breast health and early detection, and hear how you, too, can support the Avon Breast Cancer Crusade in the mission to fund access to care and finding a cure for breast cancer. And throughout October, watch for appearances on the show by special Avon guests.

AVON BREAST CANCER CRUSADE

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Special points of interest:

- Avon Breast Cancer Crusade
- Cynthia Toft, RN and the Softie II program
- Duo builds business, "Bras for Body & Soul"
- Bremerton offers 2nd Annual Women's Wellness Activities
- Threads of Hope Quilt project

MAIL TO:

Mail your receipt or confirmation (dated January 1, 2001 - December 31, 2001), along with your complete name, mailing address and phone number, to the address below. Please allow 6-8 weeks for delivery of your special shirt. U.S. Residents only, please.

Avon/Thanks for the Mammaries

P.O. Box 186919

Hamden, CT 06518 USA

SOFTEE II PROJECT

Cynthia Toft, Breast Cancer Clinical Pathway Nurse Coordinator, is currently heading a project to supply patients a new after-surgery product, "Softee II". Mrs. Toft stated, "My goal is to be able to supply one of these " Softee II's" to each of our patients that have had a mastectomy on the morning they are to be discharged from the hospital when I am making post op rounds so they may wear it home".

The Softee--a special camisole garment for women who have experienced breast surgery, providing comfort and care for her surgery site and her natural breast. It can even be worn home from the hospital if she wants, or at least within the next few days and all throughout her weeks of healing.

The manufacturer, located in Oregon, have offered to supply the initial Softee II camisole bra at a discounted price to Madigan. Money from projects, donations, and special grants from medical-related companies, will be used to purchase this product.

While the Softee II is designed to benefit the breast surgery patient during the early healing period, many women find that they are still wearing Soft-ees long after they have been fitted with bras and prostheses because they are so comfortable for casual wear. The product is sized from petite to extra large and is available in white, pink, black, and beige.



DUO FOUND NEW SERVICE FOR WOMEN

Bras for Body & Soul — a specialty bra shop and extended services for all women, including women who have had breast surgery, founded by Tricia J. McMahon, M.A. and Cheryl A. Maloney, M.A. in order to make a positive difference in women's lives. Bras for Body & Soul and its related services is a new, vital and meaningful response to a very serious need of women with regard to their health and well-being. Tricia provides the direct service and outreach; Cheryl is the business manager, marketing, public relations expert. Together we are improving women's access to their own health as well as health care, here in the Bay Area and beyond.

Tricia received her B.A. in Health Science at San Jose State University in CA and her Master's in Spirituality at the College of St.Catherine in MN. Her studies, combined with her former experience as a Franciscan Sister, instilled in her a passion for bridging the gap between what our society perceives as sacred (soul) and secular (body) in order for us to reclaim wholeness and holiness in our everyday lives.

(story continued on page 4)



NAVAL HOSPITAL BREMERTON OFFERS "WOMEN'S WELLNESS WEEK 2001"

NH Bremerton offers their 2nd Annual Women's Wellness Seminar. Self Empowerment Conference, Thursday, November 1st offers two sessions: Session 1 is from 12:00 pm to 3:00 pm and Session 2 is from 5:00 pm to 8:00 pm. Topics of interest include Girls to NH Bremerton offers their 2nd Grandmas- Women's Health Issues; Sexual Health; Overcoming Barriers to Change. To register call 360-475-4541 or email <health@pnw.med.navy.mil>.

Also on Thursday, November 1st from 3:00 pm to 5:00 pm will be the Women's Health Fair presenting Breast Health, Osteoporosis, Healthy Nutrition, Fitness, Heart Health, and Cancer Awareness. No registration required for this portion.

THREADS OF HOPE QUILT PROJECT

In response to the high incidence of breast cancer in North America, Tricia McMahon and Cheryl Maloney felt compelled to create a unique opportunity for the public to participate in a "user-friendly" community quilt project. They have found a growing interest among womens' service organizations, church communities, health institutions and others who are starting their own quilt modeled after the Threads of Hope Breast Cancer Quilt Project.

Some details about organizing a quilt:

This is a particular quilt project designed to be "user friendly" so that anyone can contribute to the design. The intent is that the process itself is valuable, as well as the outcome of a completed quilt. By utilizing iron-on squares, scissors and art pens, people are welcome to create their own design and place their square on the quilt where they want it to stay. In this way, the quilt comes-to-life each time several or more people come together to share life and remember loved ones. It is a beautiful and meaningful way for people of all walks of life to express their heart and connect with one another.

What to do:

Call **Bras for Body & Soul** for your registration and starting materials which includes:

- 3 yards of fabric with pink ribbons imprinted on it for one side of your quilt.
- Instructions for other materials needed (iron-on squares, scissors, pens, sign-in book for those who add squares, etc.) and guidelines. Completed quilt is 60x84 and can be hung for display, if desired.

Threads of Hope Breast Cancer Quilt Project...a meaningful way...to express their heart and connect with one another.

It is important that each quilt be registered with **Bras for Body & Soul** so that we can stay connected and be supportive of one another.

Quilt Project

P.O. Box 3273 Fremont, CA 94539

Phone: 510-490-7685

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Web: <http://www.bralady.com>

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NORTHWEST LEAD AGENCY

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We welcome articles or information to place in the newsletter. Please send information to:
Helen McGregor at email address:
<helen.mcgregor@nw.amedd.army.mil>

In Search of Excellence



Breast Cancer Program

DUO FOUNDS.....CONTINUED FROM PAGE 2

Cheryl received her B.A. in Theatre at the University of Minnesota, her Master's in Spirituality and Pastoral Ministry at the College of St. Catherine in MN, and has extensive experience in marketing, public relations, communications, and fund-raising. Both Tricia and Cheryl are currently working on their doctorates in Spirituality at the University of Creation Spirituality in Oakland, CA. The duo have started the Threads of Hope Breast Cancer Quilt Project for breast cancer survivors and those who care about them (see page 2). They call their work "body & soul" because our intent is for each woman to experience the comfort she desires as well as the integrity she deserves. Such dignity and respect is centuries overdue.

Contact numbers:

Phone: 510-490-SOUL(7685)
Fax: 510-490-4312



The Threads of Hope Breast
Cancer Quilt Project